

6-12 MINUTE ABS (SERIES 3)

ALL EXERCISES ARE BODYWEIGHT

Straight Leg Hold (6 inch lift)	1:00
Dead Bug	X15 EA
Fly-away Hold (8 sec/side)	1:00
Side Plank + Rotation	X15 EA
SL Glute Bridge	X20 EA
Alternating Toe Touch V-ups	X20 EA
Plank to Push-Up Position	X20
Side Plank Leg Up	0:30 EA
Leg Lift Superman	X25
SA Plank Matrix	0:30 EA

COMPLETE AS MANY REPS AS POSSIBLE